

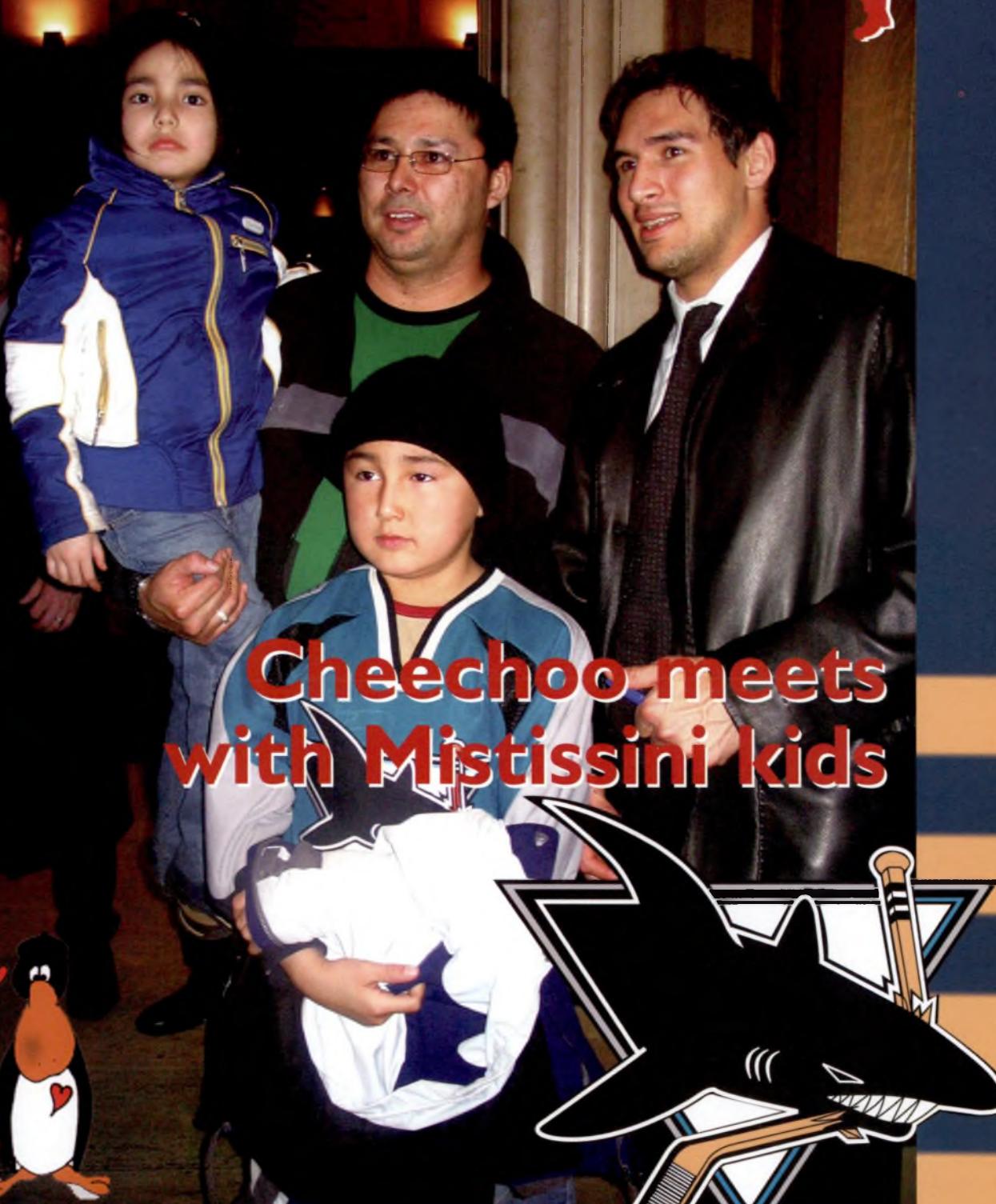
# Nation

Volume 13, No. 06 • February 03, 2006

Happy Valentine's Day!

Happy Valentine's Day!

Happy Valentine's Day!



Cheechoo meets  
with Mistissini kids



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# Happy VD Day!

By Will Nicholls

I remember being woken one Valentine's Day morning with a "Happy VD, baby!"

It was a bit of a shocker when accompanied by a significant other's impish smile. My brain went from groggy to full red alert in .9 seconds flat. Upon getting some candy (never a good idea first thing in the morning), I timidly asked, "You mean Happy Valentine's Day. Right, honey?"

The answer was affirmative, but my heart was acting out that incessant pounding from Edgar Allan Poe's *Tell Tale Heart*. My ears barely registered her reply over the tom-tom of my heartbeat. The adrenaline eventually gave way to a sugar high as I nervously ate my chocolates.

I can already hear a few of you chuckling over this story. It's not a wake-up call anyone wants, but most of us these days should pay attention.

Statistics from the Cree Health Board show that Crees don't practice safe sex for the most part. Chlamydia has run rampant in some of our communities. This is usually a good indicator of unprotected sex as well as multiple partners.

I know this isn't the type of topic most want to hear about on a day you want to spend with someone you care about, but it has to be acknowledged. The danger, as we all know, is if something like AIDS reaches the same high infection rate among Crees as Chlamydia. You know



you have no excuse for unsafe sex.

With that let's give you a few ideas of what to do for Valentine's Day. There are couples I know who give each other a copy of their AIDS test showing they are safe. There are couples' screening methods as well as individual tests.

Taking them is scary as hell but well worth it when you get that clean bill of health. The speed with which the results return depends on whether or not you are willing to spend a little cash. The tests themselves are confidential and you are given a card with a number and date when to return for the results.

With diseases like AIDS it makes more sense these days to commit to a relationship, though this may be difficult for some. If you have difficulty or don't wish to commit, then wrap it.

Abstaining from sex before you are ready to commit is another option. Cold showers and a discussion with your preferred religious leader may help.

Above all, be honest with your partner or partners, and have a safe and Happy Valentine's Day.

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**on the cover**

**Photo:** Steve Bonspiel

**Design:** Martin Dubé

## Playing Stormy Weather

by  
Sonny Orr

The weather was stormy. The waves were cresting, foaming over the rocks and hurled upwards to curve downwind out on the James Bay islands. The sea never looked worse from this angle, so I was glad I wasn't out there in a canoe. I had drifted off course by 40 miles in the DC-3 I was piloting, but I still enjoyed the fact that I was now barely 200 feet over the Loon Islands.

The strong east wind slowed the war-and north-battered aircraft to walking speed over ground. The airspeed still indicated that we were going top speed. The fuel was fine and nothing seemed to inhibit the sturdy craft, even with relentless rain and regular lightning strikes making the radio pop seem like an acoustic explosion. There being no air control tower in Chisasibi, I dared to fly low, dangerously low.

In the late 1950s to the early '80s, DC-3s changed our lifestyles to one that enabled us to fly regularly, carry incredible loads and even haul fuel for entire towns. In those days, fuels of all types were dirt cheap and dirty too — who could forget the acrid odour of an airplane's exhaust fumes.

The plane was a legendary icon for the company I had worked for back in Fort George, with two flights a day. Timmins for \$75 return was about the best deal around. About the only deal I really got out of it was the biweekly pay check of \$17 and free trips anywhere on its routes. I also got into great physical shape by constantly lifting, loading, fuelling and unloading the thousands of pounds of cargo and hundreds of 45-gallon drums.

On one particular flight to Great Whale River in 1974, at 8,000 feet somewhere near Burton Lake, the co-pilot emerged from the front

cabin. He casually got down on his knees and magically removed a panel from the floor. The other pilot emerged from the front and engaged in a loud yelling match with the other guy, now deep within the mechanical intestines.

My uncle, who I happened to be travelling with to Montreal, was a rather nervous fellow and lit up a cigarette. I forgot to caution him about the dangers of smoking in an area that smelled of gas, but my curiosity got the better of me. I had to go ask those occupied pilots just who was piloting the plane?

The captain looked up and replied, "Don't worry, just make sure you put on your seatbelt, things might get turbulent. We'll soon hit Hudson Bay and there's plenty of head wind." Okay, this is an obvious answer to an obvious question so I went to reassure my mother's brother.

All this zoomed past me like a ghost of the past life I formerly lived. Once a pilot who dared to ply the Arctic skies, was today to be my last? The Douglas, built to withstand anti-aircraft fire, might soon meet its demise in my rookie pilot hands as we neared Fort George.

On approach, the wings dipped dramatically close to the ground and I bounced the plane up and down until I remembered to brake. Just before the end of the runway, I came to a halt. Not bad for my first solo in the tail dragger. Flight simulators have come a long way, and for 40 bucks, I was able to go back to Fort George any time I felt like.



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Canada

# Cree companies sign multi-million dollar deal with De Beers

By Steve Bonspiel

Air Creebec has made a bold move on the west side of the James Bay coast, announcing a \$10.3 million, three-year transportation contract with De Beers Canada to service the new Victor Mine Project near Attawapiskat.

Fourteen jobs are to be created on the Air Creebec side, although it's still too early to apply for them, said Air Creebec President Albert Diamond.

"Initially we'll be using our personnel," Diamond told the *Nation*. "We're not going to hire anybody until the number of trips and workload warrants it. We're supposed to start off with two flights a week. We're not going to hire people just to do two flights to keep operating costs and our proposal down."

Diamond said people would be hired once the operation begins in earnest between April and June. "There will be nine people hired just for the additional aircraft. That's the pilot and flight attendants, three crews of three," said Diamond.

The contract was signed as a joint venture with Attawapiskat Limited Partnership, which includes Moose Cree, Fort Albany, Kashechewan, Attawapiskat, Peawanuck and Weenusk First Nations.

Going by the name CreeWest, their tasks will include passenger and cargo transportation to and from the

Victor Project site. The contract covers the three-year projected construction period for the Victor Project.

"The fact that this contract has been awarded to CreeWest is further demonstration of the De

Beers' commitment to support the development of local Aboriginal business," Jeremy Wyeth, Vice President of the De Beers Victor Project, said in a press release. "We are pleased that the regional First Nations are utilizing the Victor Project to create new business initiatives that will have sustainable positive economic effects."

From January until April, De Beers will be working on the road from Attawapiskat to the mine site and then start construction of the camp, the permanent airstrip and finally, open the mine.

At its peak, there will be almost 600 people working at the mine, which is projected to have a life span of 12 years.

To accommodate the new leg, Air Creebec secured the okay on January 12 from their board of directors to purchase a \$2.5 million, 37-seat Dash 8-100.

"This is a significant business development for Air Creebec and it certainly has always been on our radar screen to serve the Victor Project," Diamond said in the De Beers press release. "On a personal level, we are honoured to have this opportunity of working with our sister communities on the west coast of James Bay."

Diamond and the Air Creebec Board of Directors told Attawapiskat that if they wanted to talk about eventually taking over the Air Creebec route in northern Ontario, or becoming a partner in it, it was definitely open for discussion. Air Creebec included that prospect in their proposal for partnership, which helped them secure the contract over five other companies.

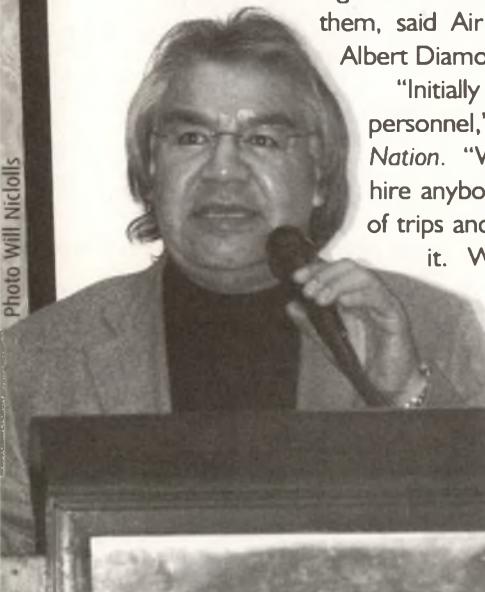
Currently, Air Creebec is the only airline that offers regular service to the western side of James Bay.

"There are still things we don't know like volume of cargo and where the workers are going to come from," said Diamond.

Flights will originate from Timmins, said Diamond. "De Beers looked at other towns but settled on Timmins," he said. "As for now, they are still sending a lot of equipment and material by rail through Moosonee and then by winter road to Attawapiskat and then to the mine site."

De Beers started building an ice runway, partly on a lake, in December. A full 40 inches of ice is needed to handle the weight of the planes, so for now helicopters are being utilized to get the job done.

Photo Courtesy Air Creebec



Air Creebec President, Albert Diamond

The aircraft is a white Dash 8-100 regional jet, viewed from the rear quarter. The tail features the Air Creebec logo, which is a stylized 'C' with horizontal stripes and a small feather-like detail.

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**Healthy Living**

Nourish the body and  
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Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.



## Minestrone Magic

1 tbsp	olive oil	15ml
1 1/2 cups	chopped onion	375ml
1	medium carrot, halved length-wise and thinly sliced (about 3/4 cup)	175ml
2	cloves of garlic, minced	
3 cups	reduced-sodium chicken broth	750ml
2 14.5-oz	low sodium tomatoes, undrained but cut up	870g
3/4 cup	water	175ml
1/2 cup	long grain rice	125ml
1 tsp	dried Italian seasoning, crushed	5ml
4 cups	shredded spinach	1000ml
1 15-oz	reduced-sodium kidney beans, drained and rinsed	450g
1	medium-sized zucchini, quartered length-wise and sliced (about 1 1/2 cups)	375ml
1/4 tsp	ground pepper	1ml
1 tsp	grated Parmesan cheese (per bowl, optional)	5ml

### Directions

- In a large cooking pot heat olive oil over medium-high heat. Cook and stir the onions, carrots and garlic in hot oil for about 3 minutes or until onion is tender. Stir in the broth, undrained tomatoes, water, uncooked rice and Italian seasoning.
- Bring to a boil then reduce heat. Cover and simmer for about 20 minutes or until rice is tender. Stir in the spinach, beans, zucchini and pepper. Cover again and cook for 5 more minutes. Serve hot. Sprinkle each serving with Parmesan cheese, if desired.

TIP: Replace chicken broth with vegetable broth for a yummy vegetarian version.

### NUTRITIONAL ANALYSIS PER SERVING:

Calories: 246	Protein: 11g
Total fat: 4g	Saturated fat: 1g
Carbohydrates: 43g	Fibre: 9g
Cholesterol: 0mg	Sodium: 462mg



**Northern**

## Bishop Lawrence visits Mistissini

Bishop Caleb Lawrence of the Moosonee Diocese was in Mistissini recently to help unite the various Christian churches and foster better relations among them.

The various heads of the Baptist, Anglican and Pentecostal churches were "concerned about the way that the different churches don't seem to be acting in supportive ways in relations to one another," said Bishop Lawrence. "They asked me to come here and take some services which they would all be invited to attend and try to bring some sense of unity to the Christian witness in Mistissini."

Bishop Lawrence said that the week of January 22-29 is the week of Prayer for Christian unity, where all Christian denominations are encouraged to meet and worship together. His visit was from January 21-25.

More than 80 worshippers attended the first night, praying for a common understanding. Local minstrels also came to play for the various denominations in the name of peace.

"I hope it's going to encourage and strengthen the common witness of the Christian church here in Mistissini," said Bishop Lawrence. "Christians of one denomination sometimes say some very un-Christian things about people whom they should be regarding as brothers and sisters in Christ, but who worship in a different church and have a different emphasis. This is going to help overcome that."

Bishop Lawrence was also in town to help raise money for the church in Kashechewan. A recent water crisis and jail fire that took the lives of two local men has devastated the community and left the church in a poor financial state.

"The church community is far behind in the kind of support expected from the local population for that ministry. And that ministry has been absolutely critical through this crisis period," he said.

Bishop Lawrence said the situation was so dire that he called upon the other churches in the Diocese to look over

their books and, if they had extra monies, maybe they could give some to Kashechewan's church.

While in Mistissini, the Bishop, along with Anglican Reverend Iris Montague, helped to raise over \$1,100 by asking for donations and holding a bottle drive. The Pentecostal and Baptist churches also had special offerings to raise funds to help pay the Kashechewan church's bills.

To donate to the church of Kashechewan, send a cheque to:

Kashechewan Ministry 2005  
Diocese of Moosonee  
PO. Box 841  
Schumacher, Ontario  
P0N 1G0

## Mistissini man pleads guilty to EM-1 killing

A bizarre murder case that saw an alleged murderer roam free in the community right up until he pled guilty in an Amos courtroom is finally over.

Mistissini's Emmanuel Blacksmith pled guilty January 12 to a reduced charge of manslaughter in the killing of 48-year-old Mario Fortin of Chicoutimi at the EM-1 hydroelectric project.

Crown Prosecutor Marie Chantal Brassard asked for a prison sentence of seven years.

Blacksmith had originally been charged with second-degree murder, but was able to plea bargain for a number of reasons, including the fact that he was intoxicated at the time of the incident and did not have the intention to kill Fortin.

The defense will ask for a sentence of two years less a day, but not more than five years. They had not yet finished their report at press time.

According to Brassard, the judge has asked for statistics from the probation office concerning the number of violent crimes committed while under the influence in Eastmain and Mistissini.

Blacksmith's demeanor, lack of prior record and overall remorse for the incident enabled him to be released to his parents pending outcome of the trial. After the verdict was rendered, the 20-

year-old was detained immediately. He will be sentenced in Amos May 15.

## Violent Christmas - Green activist charged

Freddie Jolly, an environmental activist and hunter-trapper from Nemaska, has been charged with armed assault and uttering death threats, according to the Sureté du Québec.

SQ spokesman Pierre Lavoie told the *Nation* that Jolly was charged after a Christmas Day party he had with two friends at his camp near kilometre 242 on the Route du Nord.

"On December 25 they made a Christmas dinner," said Lavoie. "At night, Jolly had drunken a lot of alcohol and got angry at his friends. He proceeded to physically assault and utter threats at his guests."

The victims, a 29-year-old woman from Montreal and her 35-year-old boyfriend from Nemaska, made a formal report to the SQ. Chibougamau SQ arrested Jolly the next morning, December 26.

He was cooperative, according to police, and was treated for a cut in his head as a result of the altercation. Jolly was released two days later and is set to appear in court February 15.

## Waswanipi teen sentenced in murder trial

A Waswanipi youth, who cannot be identified because of his age at the time of the crime, was sentenced to seven years in last year's New Year's Day slaying of 29-year-old Junior Morin in Val d'Or.

On January 12, the male youth received the maximum sentence for youth in the matter of murder in the second degree, according to Crown prosecutor Marie-Claude Belanger.

"He is eligible for conditional supervision after four years if he complies with the terms of his sentence," she said.

If he does not comply or misbehaves while in jail, he will serve all seven years. Otherwise he might serve the balance in

Continued on page 9

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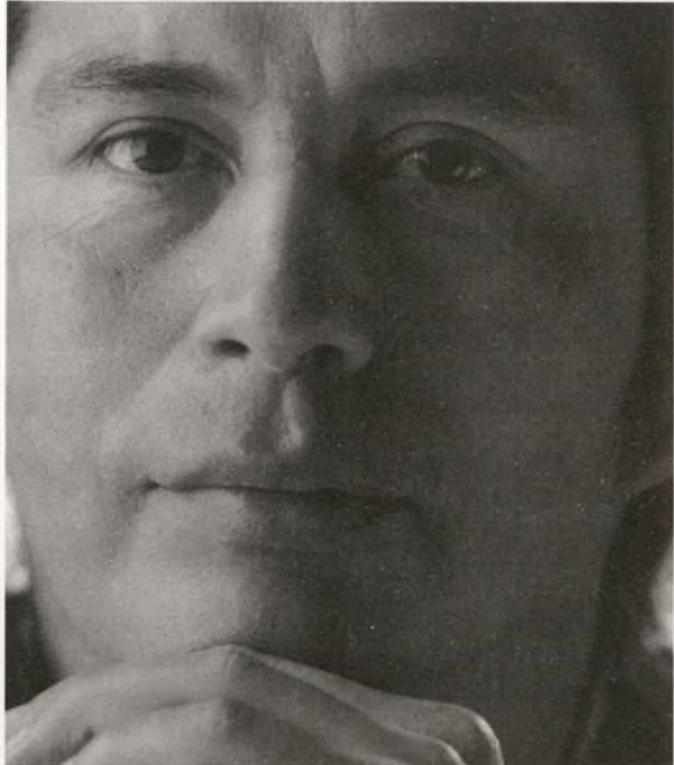
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Conjuguer avoirs et êtres

Continued from page 7

closed custody at l'Etape detention centre in Val d'Or, but a judge will determine that before he's released based on his behaviour.

He has already served one year in custody.

He will also be on probation for two years after his sentence expires. He will not be able to have knives and will be prohibited from owning or carrying firearms for 12 years from his sentence date.

## Amos Chamber of Commerce visits Eeyou Istchee

The Cree entertainment dollar is worth millions for neighbouring towns like Val d'Or and Chibougamau, so the town of Amos recently decided that a great way to attract their northern neighbours is to woo them in their own communities.

During the week of January 16, eight members of the Amos Chamber of Commerce spent an average of a day and a half in the communities of Eastmain,

Nemaska and Waskaganish to promote their town as a shopping and lodging alternative to places like Val d'Or.

"Two years ago we hired Kenneth Gilpin as our liaison officer to build links to the communities and that was a part of that," said Eric Pomerleau, financial advisor for the Amos Chamber of Commerce. "We wanted the Cree to feel welcome in Amos."

Pomerleau and his crew, which included Amos Mayor Ulrick Chérubin, met with the Chiefs of the three communities as well as band council members, local businessmen and members of the local school boards.

"They've visited Amos quite a few times and we wanted to give them the same respect by visiting their communities," said Pomerleau.

An interesting part of their short trip was an introduction to Cree history by Jim Hester in Waskaganish to help them understand their Cree friends more. They also went ice fishing in Eastmain.

Pomerleau visited Eastmain and Chisasibi late last year and is looking forward to coming back once again in March, as soon as the Chamber of Commerce has a chance to sit down and digest the data collected in Eeyou Istchee.

"We'd like to go back again as soon as we can. Maybe for the fishing season in August in Nemaska or Waskaganish," he said. "A lot of people told us that we should know the Cree culture more to understand the Cree better and that's what we want to do."

The benefit for the Cree community, Pomerleau added, is to know there is another town aside from Val d'Or that offers services and products Crees may need. "That way they can compare which town they prefer, but they will have a choice," Pomerleau said. "All of the services in Amos compare to Val d'Or. And for us, it's to know our neighbors to the north better."

Pomerleau said that although there are no statistics on Cree spending in Amos, he will be trying to figure out a way to do gather them.

One of the ways to make Amos more attractive is to promote the use of English in the town's commercial sector, he noted. "Right now we're working with the business people in Amos to let them know that if they want to work with the Cree community, they must hire people who speak English."

### Detail of the Vote – Validated Results – Abitibi-Baie-James-Nunavik-Eeyou 2006-01-23

Candidate	Caouette	Denis	Gagnon	Lévesque	Vaillancourt	Valid Votes	Rejected	Total	EOL
Party	LIB	P.V/G.P.	CONS	BQ	NDP				
Oujé-Bougoumou	53	5	10	14	8	90	0	90	333
Waswanipi	272	17	34	25	21	369	0	369	816
Chisasibi	364	44	31	60	33	532	2	534	2112
Wemindji	214	14	14	19	7	268	1	269	746
Eastmain	113	11	10	17	12	163	1	164	405
Waskaganish	194	12	43	30	19	298	2	300	1087
Nemaska	73	15	15	33	3	139	4	143	396
Mistissini	274	25	35	52	15	374	4	378	1735
Kuujjuarapik	92	11	19	16	14	152	1	153	614
Whapmagoostui	27	4	7	7	3	48	1	49	164

# Jonathan Cheechoo talks to *the Nation* about the new NHL, Sweden and moose...

Story & Photos By Steve Bonspiel

**The Nation** had a chance recently to talk with Jonathan Cheechoo, one of the NHL's exciting young wingers. We sat down with the rising San Jose Sharks star at the Bell Centre in Montreal to get his view on many things and ask him questions about his stardom in Native circles.

**The Nation:** How do you feel about your season so far?

**Cheechoo:** My season personally has gone pretty well, but I was hoping we'd be in a little bit of a better position. We'd like to be in the playoffs right now, sitting in the top eight teams. But we're on a roll now and if we can keep this going we can climb into there.

**"My only goal is to win the Stanley Cup, that's the only time I'll be happy."**

**The Nation:** If you could improve something in your game, what would it be?

**Cheechoo:** You can never be satisfied with the way you're playing. I hope I can improve a little bit of everything and hopefully I'll continue to improve my overall game. I've been working on my speed and my conditioning for the last five years or so and I think I've gotten that up to a pretty good level, but I always want to keep improving everything.

**The Nation:** Who was your favorite hockey player growing up?

**Cheechoo:** Jari Kurri. I liked the way he could score. He was a great player and he was good defensively, he wasn't just a scorer.

**The Nation:** What are your goals for this season?

**Cheechoo:** My only goal is to win the Stanley Cup, that's the only time I'll be happy. Statistics-wise, whatever happens, happens, although I'd like to improve on my stats from last year. I come in every year wanting to improve on what I did the year before and obviously win the Stanley Cup.



**The Nation:** How big is your life now from before you made the NHL?

**Cheechoo:** I travel a lot more now. I get to see a lot of cities like New York and L.A. That's pretty

neat, I always wanted to do that. Last year with the lockout I got to go to Sweden and I went to Italy after I was done to see Rome. I can go to a few places that I've always wanted to go see, I think that's the main difference.

**The Nation:** If you could play in another city, which would it be?

**Cheechoo:** Vancouver, they were my favorite team growing up.

**The Nation:** What was the overall experience like in Sweden?

**Cheechoo:** It was pretty good overall, I had a good time. The people there are very friendly, very nice. It's almost like being in Canada, the atmosphere, the weather and everything. I enjoyed my time.

**The Nation:** Is it similar to the NHL atmosphere?

**Cheechoo:** No, it's a lot different. For one thing there are maybe 6,000 seats in most of the arenas. The fans are really wild; they get right into it. There is a guy who has a drum and they get going in the stands and they get real noisy. It's a lot different from here. They do that while the play is going on. If you have the fans on your side you have a big advantage over there. And if not, they just keep pounding on you when things are going down.

**The Nation:** What are the biggest reasons for your success?

**Cheechoo:** They told me when I was younger that I needed to get into better shape to make it up here, so by getting into better shape I improved my speed. I also do a lot of sprinting in the summer and it improves my speed. I do that every year to try to improve upon the season before.

**"I see a lot of the youth staying up until four in the morning. It does nothing for you."**

**The Nation:** If you had to name one person who inspired you to get to this point, who would it be?

**Cheechoo:** Ted Nolan. He came up and did a hockey school in Moose Factory when I was 12 years old. Plus I knew about him before and saw what he accomplished. When he won coach of the year award it was pretty amazing. Not many people have done that so just to see the success he had drove me to chase my dreams.

**The Nation:** How do you stay in touch with your Cree culture in San Jose?

**Cheechoo:** It's pretty tough, but I get a lot of relatives coming down all the time. My parents make a few trips, my dad espe-

cially. I went hunting last year. I got a moose when I went back home, and 30 geese as well. I hunt as much as I can and eat as much of it as I can in Canada because I can't take it across borders.

**The Nation:** What do you do in the off-season?

**Cheechoo:** I go back to Sudbury, where my parents live, and spend as much time with them as I can. I also go up to Moose Factory to see my relatives. I do a lot of fishing and a lot of golfing. I work out six times a week, so I get up early and do that and have the rest of the day to myself.

**The Nation:** What are some of the sacrifices you have to make to get to where you are now?

**Cheechoo:** There are a lot of sacrifices, like staying up late. You've got to get to bed early if you want to have a good rest. That helps just as much as working out because if you don't have the right sleeping patterns the workouts won't do as much for you, you won't get as much out of it. I see a lot of the youth staying up until four in the morning. It does nothing for you; it just wears your body down. The main thing is being focused on what you want and work towards it. You have to make sacrifices; you've got to do whatever it takes. For me, the biggest thing was getting into shape. The talent was there, I had my hockey sense and I knew I could play, but I needed to get into the right shape and get better speed. If you really want it, you'll make the sacrifices. If you don't, maybe you should choose something else where you don't have to make as many sacrifices. I think the people who really want it will make those sacrifices.

**"There are a few nurses, doctors and a few lawyers up there now and it shows that if they want to achieve their goals, anything is possible."**

**The Nation:** What do you think the success you're having in the NHL has done for Native youth?

**Cheechoo:** Hopefully it inspires them to do something productive with their lives. A lot of people up north love basketball or volleyball. There are opportunities for sports and for education as well. There are a few nurses, doctors and a few lawyers up there now and it shows that if they want to achieve their goals, anything is possible. I came from the same size town that they all live in. We couldn't even get out of the community; it was a train trip to get out. Hopefully it shows them that with a little hard work and dedication, anything is possible. We have a lot of talented and smart people as well up there and hopefully our youth can start reaching more of their potential. Support from their parents is important. I had a lot of support from my parents and my family and that helped me immensely. If parents support their kids, we could see somebody playing in the NBA one day or college basketball and stuff like that.

**The Nation:** What kind of family support did it take for you to reach your goals?

**Cheechoo:** They let me leave when I was younger. I made my own choice that I wanted to pursue hockey and they knew I had

to leave home to attain that goal. The main thing is support. Sometimes I'd call when I was a little down and my parents would be there and they'd encourage me along. They'd come out to see me once in awhile and that helped out. They told me that if they see me working towards my goals and working hard for it, they would always be behind me. And they've been behind me the whole way. Watching me when I was struggling

**A lot of guys wanted to get back playing so I think it was a fair deal**

in the minors and then finally making it up here. That's very important to a child growing up.

**The Nation:** How do you prepare for game day?

**Cheechoo:** I usually have a meal around one and then go back to the room and get a nap in. Get up and have a little snack again before I come to the rink. I get to the rink usually about three hours before the game. I'll hang around, tape my sticks, cut a stick and tape it all up and just get ready for the game.

**The Nation:** What's the biggest difference between the old NHL and the new NHL?

**Cheechoo:** Less holding. I used to get held a lot when I was working the puck in the corner, now they can't do that so it opens the ice up a little more, gives me a little more space and I get a little more time to get a shot off.

**The Nation:** What did you think about the new deal reached between the NHL and NHL Players Association?

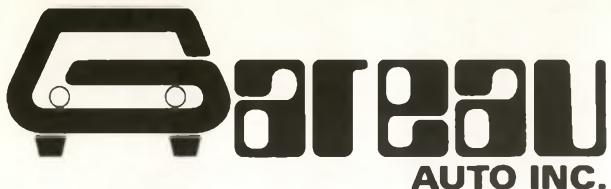
**Cheechoo:** It was good to get a deal done. A lot of guys wanted to get back playing so I think it was a fair deal. We fought for a few things we wanted included in the deal and we pretty much got them. We gave up the cap, which I thought would never happen but it eventually did. It was just good to get hockey back for the fans too.

**The Nation:** So you agreed with it?

**Cheechoo:** Well it happened, so I have no choice to agree or not to agree. I think it's fine. It seems to be working out all right for pretty much everybody so I have no problems with it.



**Cheechoo greets one of many fans**



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Reporting to the Executive Director of Student Affairs, the Service Learning Officer is responsible for the management and operation of Community Based Service Learning. The Officer will represent Nipissing University in the Aboriginal community to establish and maintain effective, mutually beneficial partnerships. These partnerships seek to strengthen communities while improving and promoting literacy and numeracy for northern youth. Working in conjunction with the Service Learning Officer - Community, the Officer proposes and helps to establish strategic direction, policies and priorities for the Office of Service Learning. The Officer will be responsible for the recruitment, orientation and training of students. The Officer will develop Service Learning opportunities for students in conjunction with Aboriginal communities, agencies and organizations as well as University faculty. In addition, the Officer will assist with all aspects of the office of Community Based Service Learning including annual fund reporting. To build effective partnerships, the successful candidate must possess excellent interpersonal and negotiation skills as well as superior communication skills. Preference will be given to candidates with Aboriginal heritage.

The minimum starting salary for this position is \$46,171. A University degree in psychology, social work, or education as well as a minimum of six months experience is required. A comprehensive group benefits and pension plan is offered. Please submit your letter of application and resume, indicating the position of interest, by 4:30 p.m., Friday, February 17, 2006, to: Human Resources, Nipissing University, 100 College Drive, P.O. Box 5002, North Bay, ON P1B 8L7. E-mail: [hrinfo@nipissingu.ca](mailto:hrinfo@nipissingu.ca). For a complete position description and more information about Nipissing University, please visit our website. The Selection Committee would like to thank all applicants for their interest in Nipissing University; however, only those selected for interviews will be contacted.



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# Cree youth meet and greet Cheechoo in Ottawa

Story & Photos By Steve Bonspiel

They came, they saw, they cheered, and in the end they jumped into their vehicles for the long ride home to reflect on their encounter with a young Cree role model and the only Enoch hockey player in the NHL.

On January 12, over 100 youngsters and adults alike made the trek from six of the nine communities to see Jonathan Cheechoo and the San Jose Sharks lace up against the powerhouse Ottawa Senators.

Hailing from Moose Factory, the 25-year-old Cheechoo was a huge hit once the throng of people got to see him, get their photos taken with him and get his autograph.

His audience waited patiently at Ottawa's Chateau Laurier until finally, after missing him at the Sharks optional practice, the kids met their idol. "Stay true to yourself and remember, if you work hard enough you can do anything you put your mind to," Cheechoo told the adoring crowd.

After signing autographs and giving an inspirational speech, Cheechoo sped off to face the Senators in nearby Kanata.

The kids spent the morning watching the Cheechoo-less Sharks practice and also got a chance to see the Senators get ready for the big Saturday night game. After the Sens' practice, Ottawa winger Brandon Bochenski spoke a few words of encouragement to them.

The visit to Ottawa wasn't the first for kids from Eeyou Istchee. Gord Hudson, Regional Director of Youth Healing Services in Mistissini, has collaborated in the past with the Mistissini band council and other bands to send the kids to sporting activities that boost their self-esteem. Previous trips included twice visiting the Canadian Football League's Ottawa Renegades. They are also looking to head further west and see a Toronto Raptors basketball game.

"I've been up there for close to three years and I think if they can dedicate themselves as much as Jonathan has, I think the possibilities are endless in how many players of Cree heritage



Cheecho's adoring female fans

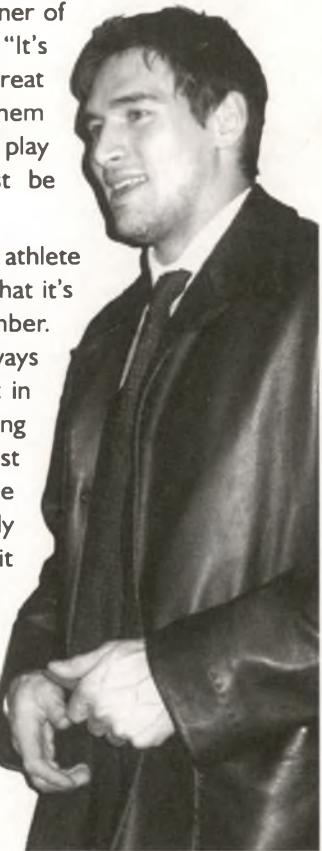
can get to the NHL," Hudson told the Nation. "It's a matter of dedication and drive."

By the looks on their faces, old and young alike were deeply inspired.

"It's great to see a guy like Jonathan come and see them just so they can see a famous guy playing in the NHL; so the kids can meet him," said Jim Macleod, owner of Macleod Exploration in Mistissini. "It's a good thrill for the kids. He's a great role model for the kids, a lot of them play hockey and to see this man play professionally in the NHL must be quite nice for them," he said.

"You always want to meet a pro athlete and when you get a chance like that it's something you'll always remember. I'm sure my grandchildren will always talk about it. I see a lot of talent in the youth and I'm sure we're going to get some more coming up, just give them the chance. Like he (Cheechoo) said you have to really work hard and put your mind to it and stay out of other stuff and you'll make it."

The game itself was a hit. San Jose is battling for a playoff spot and they played it, working the boards and taking the body against the top-ranked Senators



continued on page 15



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hard. In the end, they shut them out 2-0. Cheechoo picked up a third period assist on the Sharks' second goal.

**"Stay true to yourself and remember, if you work hard enough you can do anything you put your mind to."**

He also had numerous chances, including a breakaway, but it looked like his nerves – or legendary goaltender Dominik Hasek – got the better of him.

Cheechoo hopes the trip pays dividends in Eeyou Istchee. "Hopefully it shows them that with a little hard work and dedication, anything is possible," he said. "We have a lot of talented and smart people up there and hopefully our youth can start reaching more of their potential."

His fans agreed. "I'm really happy to see him because I'm a big fan," said Mistissini's Whitney Blacksmith. "He's my favorite player." Her sister Roberta agreed. "I get to see an NHL player and it's cool that he's Native," she said.

Some of the older females in attendance liked him for other reasons.

"He's very hot! He's gorgeous!" said Christina Kitty. "Kids look up to him, Crees are really big into hockey, they love it; all our kids play and they want to grow up to be like him. I'm hoping that the Cree boys are going to go for it and try to accomplish what he has. We're rooting for more Crees to play in the NHL and hopefully there will be more like him."

The trip cost about \$22,000, some of which was raised by the youth themselves.

"I used some of the funds through my budget and to make the youth have ownership of the activity, they went out and did fundraising," said a jubilant Hudson. "They cut wood for Elders, went on a caribou hunt for the Elders' home, they worked in Mistissini for the New Year's celebration, and up in Chisasibi they

did some work for Elders as well. They actively participated in getting the funding so they could go on the trip. The kids raised \$12,000, and another \$10,000 was raised through Youth Healing Services."

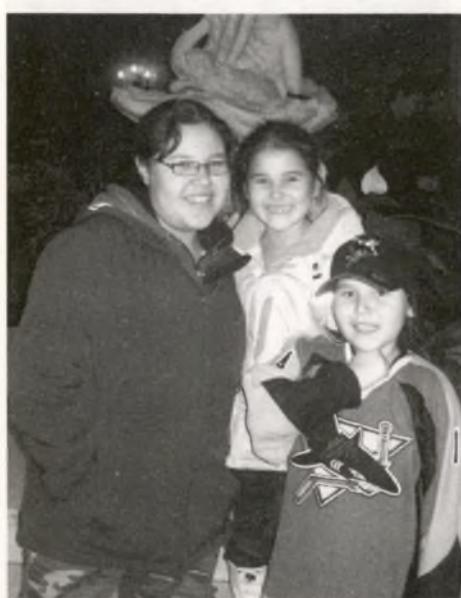
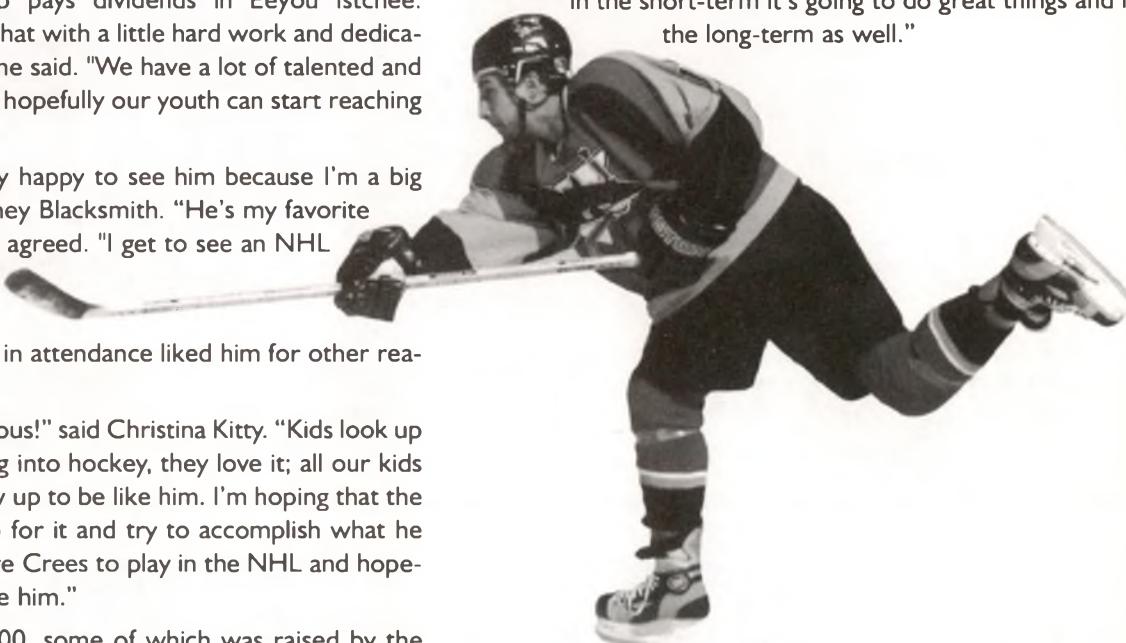
Hudson was quick to thank the other people who helped make it happen.

"Joe Neeposh, Gloria Blackned Coon Come, Pierrette Coon Come,

they all helped with fundraising ideas, and putting the plan into motion," he said.

While growing up, Hudson's favorite hockey player was Bobby Orr. He's hoping that trips like this one will inspire the youth like the Bruins' number 4 inspired him as a youngster. "Now when they watch hockey, they're able to connect because they've met two players. All the kids could talk about when they got back was how Brandon went to university and how Jonathan said this and that, it was a very positive experience," he said.

"With the words of encouragement these players gave, I hope in the short-term it's going to do great things and in the long-term as well."



### Jonathan Cheechoo's Statistics

Height: 6.1	Weight: 190	Shoots: Right
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Born: July 15, 1980 - Moose Factory, Ontario

Draft: 1998 - 2nd round (29th overall) by the San Jose Sharks

Year	Team	GP	G	A	Pts
02-03	San Jose Sharks	66	9	7	16
03-04	San Jose Sharks	81	28	19	47
05-06 *	San Jose Sharks	46	26	19	45
Career		193	63	45	108

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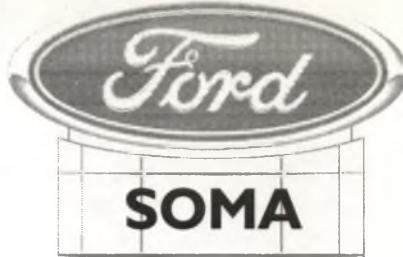
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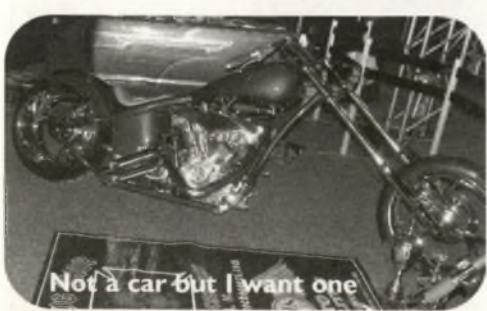
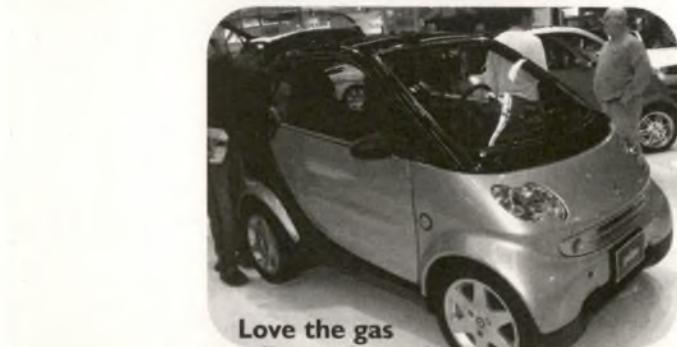
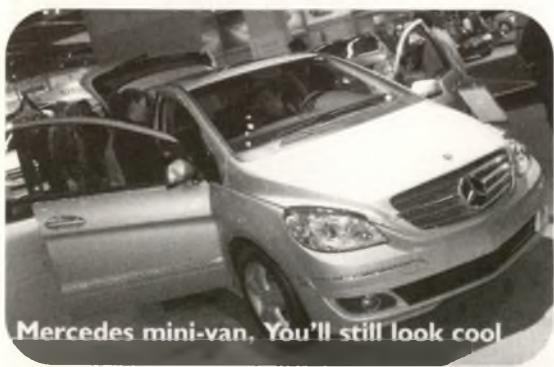
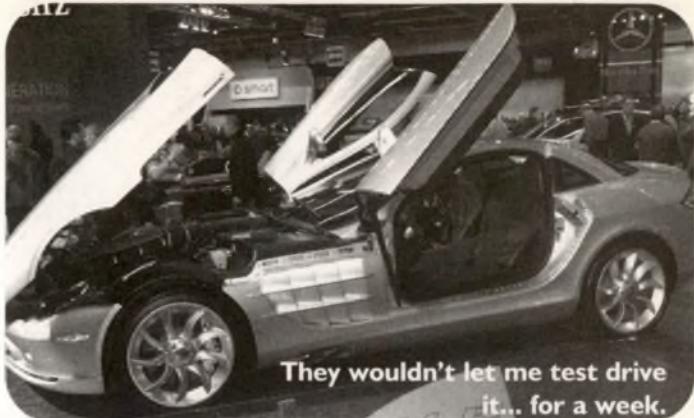
**FUTURE PROJECT :** First Nations Pavilion

# CAR SHOW MONTREAL 2006

The 38th Montreal International Auto Show showcased 650 vehicles, making it the place to check out what's new and in the works for your driving pleasure. That's the nice thing about shows like this; you can easily compare two or more different models and manufacturers.

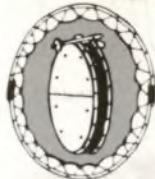
KIA really went all out to make it easy to attend as they set up a free daycare for small children.

As well as seeing the new cars, a nice section was the "greener future." It looked at hybrids and gave driving tips on how to save energy and the environment. Kudos on actually doing something that may help the Kyoto Protocol take shape. We all need to do our part and more since the United States opted out of it.





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**Important Notice (Erratum: Nation 13 - 05):**

**New target date  
for submission applications to CHRD  
Territorial  
&  
Community Based Programs**

**Attention Individuals, Employers and Organizations**

**The Cree Human Resources Development Department (CHRD) is requesting that all applications to be reviewed for approval to receive funding for fiscal year 2006-2007 must be received no later than March 1, 2006, in order to receive priority. However, CHRD will accept applications after this date which will be subject to the remaining funds.**

**We request you consult with any of the persons listed to ensure that all information required is in your project proposal. Application forms are available at any of our CHRD offices and on our website, "www.chrd.ca". If you have any questions or require further information, please contact any of the persons listed below or visit your local Cree Employment Officer situated in your community, it will be our pleasure to assist**

**Territorial Programs**

Michael Petawabano,	Coordinator	<a href="mailto:michaelp@chrd.ca">michaelp@chrd.ca</a>
Abel Trapper,	Sectoral Employment Development Officer	<a href="mailto:abelt@chrd.ca">abelt@chrd.ca</a>
Michael Mianscum,	Sectoral Employment Development Officer	<a href="mailto:mmianscum@chrd.ca">mmianscum@chrd.ca</a>
Matthew Petawabano	Sectoral Employment Development Officer	<a href="mailto:matthew@chrd.ca">matthew@chrd.ca</a>

**Community Based Programs**

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Alice Nuktie	Program Officer	<a href="mailto:alice@chrd.ca">alice@chrd.ca</a>

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One of my favorite highlights to the show was the Corvette Generations. I joined the groups of drooling middle-aged men undergoing their mid-life crisis.

The rest of the show was pretty predictable, a few nice concept cars and trucks, Ford showing off its gas guzzlers (most likely the reason why sales are down and lay-offs planned), a couple of Lotuses (more affordable than I thought) and of course the new cars for 2006.

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# Response to letter submitted by Raymond Menarick

[CBC North has sent this letter in response to the letter submitted by Raymond Menarick, President of James Bay Cree Communications Society.]

CBC North has a proud history of serving the communities of Eyou Istchee and is determined to continue this tradition. Our mandate at CBC has always been, and always will be to serve all Canadians including aboriginal communities.

We do not wish to get into a debate with JBCCS, although we do not agree with the statements made by Mr. Menarick. We continue to hope we can find a way to cooperate in the future.

As requested by the members, we are working to get our radio programming back on the air in the communities of Ouje-Bougoumou, Nemaska, Eastmain, and Whapmagoostui. We are happy to announce that soon our Cree radio programming will be back in two of these communities, and we are still working on getting our service to the other two communities.

We believe in giving Eyou Istchee the same service we give to all Canadians across the country.

**Emma Saganash**  
**Area Manager of CBC North-Quebec**

**Mike Linder**  
**Regional Director of Radio and Television**  
**CBC North**

# Residential School Survivor (1966-1975)

letters

My name is James Neeposh, I'm from the community of Ouje-Bougoumou and my heart and prayers go to all the survivors who attended residential schools. I visit Dore Lake every summer and it was a home between 1960-1974 before we (Ouje-Bougoumou Crees) moved to Chibougamau and other camp sites along Highway 113 and Opemiska Lake. My son (Patrick, 15) and my daughter (Daphne, 17) asked me once how I felt when I first went to La Tuque Residential School.

I told them that today I am happy to see you both and my young son Cameron (5) home after school every day. When they were young in North Bay while my wife and I were attending Canadore College (1992-1999), I used to see you both jump on the bus every morning and be home for supper, but for me I jumped on the bus in September and sometimes I never got to see my parents till December or June when we went home for the summer. My wife (Kitty) always questioned my eating habits because I'd finish my plate in seconds and this was because of the abuse I got from the residential school. I was given 10 minutes to finish my plate or it would be thrown away and she was surprised to hear of this experience and now she understands. There were the good and bad parts of the residential school, but all I can say is that it got me an education and a job. My experience goes on and on and on but I want to take this time to thank my Lord and Saviour Jesus Christ for having his angel by my side throughout the years I spent at La Tuque Residential School.

**Meegwetch**  
**James Neeposh**

## Cree Native Arts & Crafts Association For immediate release

**Cree Native Arts & Crafts Association's 1st Annual General Assembly and Board of Directors Meeting  
to be held in Ouje-Bougoumou, Quebec between February 21st to 23rd, 2006.**

Ouje-Bougoumou, QC – January 26, 2006 – Under section 28 of the James Bay Northern Quebec Agreement, Canada, the province of Quebec, and the Cree Regional Authority established a Cree Native Arts & Crafts Association (CNACA). Section 28.7 states that CNACA 'shall be responsible for and supervise the programs for the development of Native Arts & Crafts and a local arts & crafts committee in each community.' Financial commitments are made by Canada, Quebec and the Cree Regional Authority to 'assist the Association in its operations and objectives.'

In 2003, the Cree Native Arts & Crafts Association implementation team hosted a Regional Cree Arts & Crafts Conference in Ouje-Bougoumou. The conference was arranged to present the results of a feasibility study completed in 2001 concerning the views and the concerns of potential members from the Cree communities regarding the mission, objectives, membership issues and the future direction of CNACA.

CNACA is currently seeking Cree artists (arts & crafts) to attend its first ever annual general assembly on February 21st and 22nd, and to establish an interim Board of Directors that will meet on February 23rd, 2006. All interested Cree artists (arts & crafts) should contact their local Cultural Coordinator to register. CNACA will assume all travel and related expenses for six (6) delegates from each Cree community.

**For more information, please contact:**

Shella Orr, Cree Native Arts & Crafts Association  
203 Opemiska Meskino, Ouje-Bougoumou, QC G0W 3C0  
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The Admin. Assistant duties include accounting tasks, general office duties. As Production Coordinator, the duties involve: working closely with salespeople, writers and the graphic designer, coordinating production of the news magazine, ensuring deadlines are met, assisting in ad approval, typing of classified ads, liaison with ad clients, assisting in Editorial meetings.

This position requires someone who is responsible, mature and who has a strong sense of initiative. We are looking for someone who is capable of, when faced with a challenge, suggesting several possible solutions quickly. As the work involved changes rapidly, one must be flexible and know how to manage their time and tasks.

**Qualified applicants are requested to send their cv to:**

Linda Mohan - Account Executive/Office Manager

514-272-3077 - [lmohan@beesum-communications.com](mailto:lmohan@beesum-communications.com)

# UNDER THE NORTHERN SKY

## Don't spread the flu

by Xavier Kataquapit

I have been dealing with a bad flu for the past week and a half. It started with a slight cough that later turned into a continuous one, along with congestion, a runny nose, headaches and weakness. It is a real setback for me.

Although I am feeling somewhat better, I still don't have all my energy or my health back. It has been a long time since I have had to deal with such a serious sickness. I do my best to maintain my health and I follow preventative measures to stay away from colds or the flu. It has been about three years since I have had to deal with a major flu or cold. The fact remains that many people still do not understand that if they are sick they should be very careful not to spread it to family, neighbours and friends. The flu this year is worse than any I have had in the past 10 years.

I had a real good education in preventative measures during the SARS (Severe Acute Respiratory Sickness) crisis that took place in the spring of 2003. I was travelling at the time and I was regularly going through international airports at the height of the crisis. All the news reports pointed to people transmitting the disease from touch, direct contact or from public surfaces infected by those who had SARS.

People who I once thought as super hygienic or paranoid for protecting themselves from touching public surfaces seemed to make sense to me after the SARS crisis. I found myself becoming very self-conscious of public surfaces such as doors, handles, buttons, rails and anything else that hundreds or even thousands of others have had contact with.

After SARS, I fully understood the public health announcements about regularly washing your hands during the day. The bad part is, it only takes one sick person to infect many others. In most cases that is not so serious but when a flu infects a senior citizen it can be very dangerous.

Now that I am dealing with the effects of a flu, I can imagine what it would be like if something like the Avian Bird flu were to materialize. I have been totally immobilized for an entire week. I could have pushed myself to perform my usual tasks but regular coughing bouts, constant sniffling, headaches and a general weakness has kept me on the couch or in bed most of the time.

The flu has been part of our human history for a long time. Scientists generally think that once we humans started domesticating animals and lived in close contact with them, we put

ourselves at risk of developing these diseases. For thousands of years, it was normal for European, Asian and African civilizations to have agriculture and animal domestication as part of life. Over the centuries, pandemics of all sorts came and went, killing people but also leaving survivors behind that became resistant to these diseases. In recent times, three separate pandemics happened in the 1900s, the Spanish Flu of 1918 being the most well known.

A pandemic is caused by the introduction of a new disease into a population that has no natural resistance to the new strain. There have been many instances of this happening throughout recorded history. However, the greatest example might have happened at the turn of the 1500s after the discovery of the New World by Christopher Columbus. Imagine what happened when a whole continent of Native people that basically still lived a nomadic lifestyle came into contact with a culture that had contracted and survived through countless epidemics of their own in Europe.

Many estimates have been calculated by experts and scientists. It is generally agreed that millions of Aboriginal peoples died during this period. Influenza was just one of many new diseases that Aboriginal people at this time had to contend with in North and South America with the coming of the Europeans.

In many parts of the world, farmers are still coming into contact with their animals in unhealthy and close quarters and the same transmission and mutation is taking place as it always has. The worry now is that a newly mutated flu virus such as the Avian bird flu could cause a new pandemic.

Our best hope is prevention and caution. Just simple acts, such as washing our hands or staying away from others if we are sick, can help a lot in breaking down the cycle of transmission from one person to another. If anything, slowing down the rate of transmission can help our medical scientists develop a treatment to cure us when we do become sick.

It is amazing in this day and age with our technological marvels, communication technologies, wealth and knowledge, to think that we can be brought down by a microscopic virus that we cannot see. So stay safe and think about others if you have a flu or if you are in contact with people who are sick. A little bit of thought can go a very long way.

## CLASSIFIEDS

### BIRTHS - 100

Congratulations to Carrie-Lynn Visiter & Gregory Moses on the birth of their baby girl, \*Layla Stephanie Kariel Brie\* on January 17th, 2006. Once again!..Congratulations!!!! Take good care of ur lil one!!

I would like to congratulate my baby sister, Carrie-Lynn Visiter & her boyfriend, Gregory Moses on the birth of their new baby girl. She came into this world wieghing

8lbs and 10 ozs. She came into this world at 4:47PM. May your new child bring you much happiness and love into your lives. you'll be great parents. By the way, my beautiful niece's name is \*\*Layla Stephanie Kariel Brie\*\*...Love you both...From Your Lil Big Sister, Connie (Waskaganish) XoXoXo.

I wanted to congratulate! my friends on their new arrivals. To Angela Ottereyes on the birth of

her adorable twins on Jan. 21, 2005: Kimora-Lee Winter.C (1:48p.m 7lbs 1 oz), Kimisha-Ann Snow.C (1:49 p.m 6 lbs 7 oz). Also to Leona Whiskeychan for her cute baby boy, my namesake Landen Johnny.W on (Dec 24,2005 1:16 a.m. 8lbs 8oz). And to Tammy Trapper on her safe arrival of her precious baby girl, Mercedes Alexis Judith.T (Dec.28,2005 6:13 p.m 7lbs 11 oz). Just wanted to congratulate you girls on your new

bundle of joys and take care of your little ones...much love Shannon (Wask).

### BIRTHDAYS - 101

Happy birthday to Adele Bellefleur on February 24 & to Terence Duff on February 16 in Chisasibi. Also to Brayden Duff on February 21 in Hull. We hope you have fun on your birthdays. From Christine, Perry, Wabin & Anthony.

Federal Review Panel

## Eastmain -1- A and Rupert Project

COMEX

## PUBLIC NOTICE

The Provincial Review Committee (COMEX) and the Federal Review Panel, the review bodies, announce that the public hearings on the social and environmental impacts of the Eastmain-1-A and Rupert Diversion project and its acceptability will begin on March 15, 2006.

The public hearings will give interested individuals and organizations the opportunity to better understand the project and its consequences and to share their analyses and views with the review bodies. The purpose of these hearings is to allow the review bodies to receive, through face to face discussions, the opinions and comments of the public on this project, its impacts and issues raised by the Impact Statement submitted by the proponent and thus add to their understanding of the project. The hearings will also be an opportunity for the proponent to present the project and to offer clarifying information, as required.

The hearings will focus on the proponent's Impact Statement and its later responses to the requests for additional information from the review bodies.

Interested parties are encouraged to consult the operational procedures for the public hearings, published on November 28, 2005.

The public hearings are scheduled as stated below. A subsequent notice will be published to announce the locations of the hearings.

### Mistissini

Wednesday, March 15, 2006\*, from 7:00 p.m. to 10:00 p.m.

### Nemaska

Tuesday, March 21, 2006\*, from 7:00 p.m. to 10:00 p.m.

### Waskaganish

Tuesday, March 28, 2006\*, from 7:00 p.m. to 10:00 p.m.

### Eastmain

Tuesday, April 4, 2006\*, from 7:00 p.m. to 10:00 p.m.

### Wemindji

Tuesday, April 11, 2006\*, from 7:00 p.m. to 10:00 p.m.

### Chisasibi

Wednesday, April 19, 2006\*, from 7:00 p.m. to 10:00 p.m.

### Chibougamau

Tuesday, April 25, 2006\*, from 7:00 p.m. to 10:00 p.m.

\*The review bodies will remain available for additional sessions in the following days in accordance with the needs of the communities.

### Montreal

Monday, May 1st, 2006 7:00 p.m. to 10:00 p.m. : General session

### Tuesday, May 2, 2006

1:30 p.m. to 5:00 p.m.: Thematic session: *Fish and other biophysical aspects*  
7:00 p.m. to 10:00 p.m. : General session

### Wednesday, May 3, 2006

1:30 p.m. to 5:00 p.m.: Thematic session: *James Bay and Hudson Bay region*  
7:00 p.m. to 10:00 p.m. : General session

Thursday, May 4, 2006

1:30 p.m. to 5:00 p.m.: Thematic session: *Health and other social aspects*  
7:00 p.m. to 10:00 p.m. : General session

Friday, May 5, 2006

1:30 p.m. to 5:00 p.m.: General session

### For information on the review:

For the Federal Review Panel:

Eric Giroux  
Panel Manager  
1141 Route de l'Eglise, 2nd floor  
P.O. Box 9514  
Sainte-Foy, Quebec G1V 4B8  
Tel.: (418) 649-6442  
Fax: (418) 649-6443  
eric.giroux@acee-ceaa.gc.ca

For the COMEX:

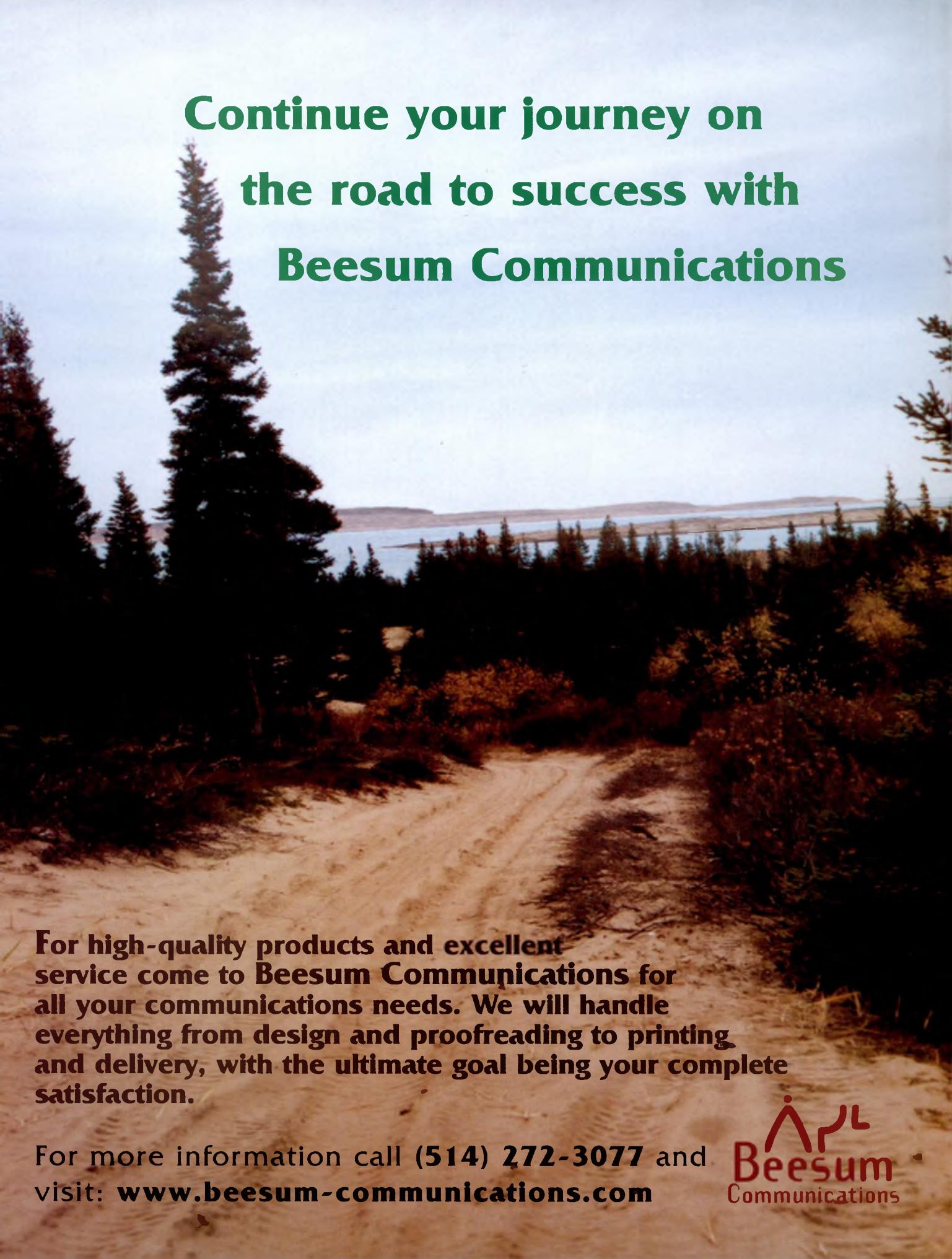
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